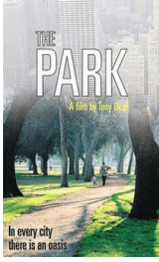
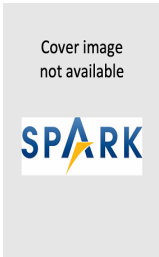


Exercise Videos and Books

Created by **Lady Lioness**

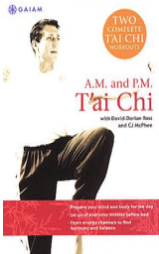


Carol Argo's The Anti Aging Method.



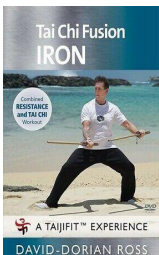
Tai chi fundamentals

with Tricia Yu ; Uncharted Country Publishing ; scripted, produced and directed by Tricia Yu.



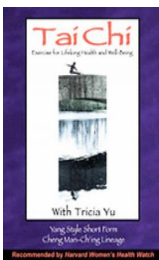
A.M. and P. M. T'ai Chi

produced and directed by Ted Landon.



Tai chi Fusion.

YMAA Production.

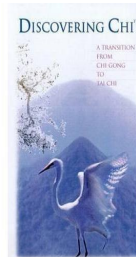


Tai chi

with Tricia Yu ; produced and directed by Tricia Yu ; produced by Western Eye Television.

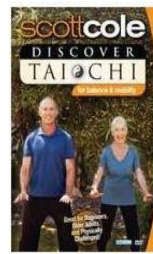


Relax & restore.



Discovering chi.

with Linda Modaro ; produced and directed by William Gazecki.



Discover tai chi for balance & mobility

created, Choreographed and produced by Scott Cole.



Tai chi fit.